

633935 - 10 Lb (4.54 kg) Battered Pollock Wedges, 3 oz, Kosher...

High Liner Foodservice Battered Pollock Wedges are a great choice for Child Nutrition applications and more. Here, premium wild caught Pollock are dipped in a signature seasoned, kid-friendly batter, and fry or bake from frozen to crunchy, tender flaky fish perfection in minutes. A highly versatile, easy to prepare option for a variety of battered fish applications.



MARKETING



Nutrition Facts

53 Servings per container	
Serving Size	1 Portion (84g)
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 7 g	9%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 25 mg	8%
Sodium 460 mg	20%
Total Carbohydrates 18 g	7%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugars	0%

Protein 9 g	
Vitamin D 1 mcg	6%
Calcium 9 mg	0%
Iron 1 mg	6%
Potassium 155 mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS



Code		Dist Prod Code		GTIN		Calculated Pack	
10022249		633935		00079149222499		53 x 3 OZ	
Brand		Brand Owner		GPC Description			
High Liner Foodservice		High Liner Foods Inc.		Fish - Prepared/Processed (Frozen)			
Gross Weight	Net Weight	Case/Catch Weight		Country Of Origin		Kosher	Child Nutrition
11 LBR	10 LBR	No		United States		Yes	Yes
Shipping							
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To	
15.8125 INH	7.8125 INH	8.625 INH	0.6166 FTQ	15x5	540 Days	-10 FAH / 0 FAH	
Traceability Regulation							
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant			Regulation Restrictions and Descriptors	
TRACEABILITY_REGULATION		FSMA204	TRUE			N/A	

HANDLING SUGGESTIONS



Keep Frozen

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Peanuts - N
- Eggs - N
- Tree - N
- Soybean - N
- Fish - C
- Wheat - C
- Shellfish - NI
- Sesame - N
- Crustaceans - N

INGREDIENTS



48.0% POLLOCK, 52.0% BATTER AND BREADING: WATER, YELLOW CORN FLOUR, WHEAT FLOUR, BLEACHED WHEAT FLOUR, MODIFIED CORN STARCH, SALT, ENRICHED YELLOW CORN FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), IODIZED SALT, SPICES. PAR-FRIED IN CANOLA OIL, COTTONSEED OIL, AND/OR SOYBEAN OIL. CONTAINS: POLLOCK (FISH), WHEAT

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PREPARATION & COOKING SUGGESTIONS

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4-6 minutes. TO BAKE: Place frozen portions on a lightly oiled sheet pan. CONVENTIONAL OVEN: Bake at 425°F for 16 - 18 minutes. For best results, flip halfway through baking. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 158°F MINIMUM.

SERVING SUGGESTIONS

Ideal as a school lunch entrée or sandwich, or served as fish and chips paired with your fries and coleslaw, or your own complementary choices.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	170
Protein	9 g
Total Carbohydrates	18 g
Sugars	0 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	25 mg
Vitamin D	1 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	460 mg
Calcium	9 mg
Iron	1 mg
Potassium	155 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

KOSHER	YES
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MORE IMAGES

